

Top 5 Superfood Snacks in India You Must Try in 2025



As more people embrace healthier lifestyles, the demand for superfood snacks in India has skyrocketed. These snacks not only taste great but also pack a powerful nutritional punch. Whether you're looking for healthy munchies between meals or energy snacks to fuel your day, this list of the top 5 superfood snacks in India for 2025 will keep you energized and satisfied.

Among these, [Desherb's](#) range of Moringa Moments and Moringa Crisps stand out as must-try options that perfectly blend taste and wellness. Let's explore why!

1. Roasted Foxnuts (Makhana): The Light and Crunchy Snack

Why it works:

Roasted foxnuts, or *makhana*, have been a part of Indian Ayurvedic diets for centuries. Low in calories, high in magnesium, and packed with plant-based protein, foxnuts are ideal for those who want to snack smart.

Nutritional Benefits:

- Gluten-free and low GI (great for diabetics)
- Rich in calcium, good for bone strength
- Contains antioxidants that combat aging
- Helps in weight management due to its light yet filling texture

Flavor Options:

From classic Himalayan salt to peri-peri, turmeric-pepper to tangy tomato, there's a foxnut flavor for every palate. Many brands now offer *single-serve zip packs*, making them great for tiffins, travel, or office drawers.

Pro tip:

Pair roasted makhana with herbal tea for a satisfying, heart-healthy tea-time break.

2. Chia Seed Pudding Cups: The Omega-3 Super Bowl

Why it works:

Chia seeds absorb up to 10x their weight in water, forming a fiber-rich gel that supports digestion, hydration, and satiety. Chia pudding cups are perfect for health-focused snackers looking for a no-cook, high-nutrition option.

Nutritional Benefits:

- Rich in omega-3s — supports heart and brain health
- Loaded with fiber — helps regulate blood sugar and digestion
- Good source of plant-based protein
- Naturally gluten-free

Ready-to-Eat Convenience:

Available in flavors like vanilla almond, mango saffron, or chocolate banana, chia seed puddings are pre-portioned and require no prep — ideal for breakfast, midday snack, or post-gym fuel.

Pro tip:

Top your chia pudding with fresh berries or chopped nuts for extra crunch and antioxidants

3. [Energy Bars](#) with Indian Superfoods: Power in Your Pocket

Why it works:

Busy lifestyle? Grab-and-go energy bars are lifesavers. When made with **Indian superfoods** like **amaranth**, **ragi**, [moringa](#), **dates**, **flaxseeds**, and **millets**, these bars offer clean, sustainable energy without refined sugars.

Nutritional Benefits:

- Long-lasting energy from complex carbs and good fats
- Great source of protein and dietary fiber
- Supports muscle recovery and mental focus
- Low glycemic impact (good for sustained energy)

Top Ingredients to Look For:

- **Amaranth**: high-protein pseudo-grain, rich in iron
- **Ragi**: calcium-rich millet, helps reduce cravings
- **Dates & jaggery**: natural sweeteners with fiber and iron
- **Nuts/seeds**: healthy fats for satiety
- **Moringa or turmeric**: functional herbs with anti-inflammatory properties

Pro tip:

Choose bars with 5g+ protein and under 8g sugar per serving for a truly balanced bite. Ideal before workouts, during travel, or as a smart substitute for dessert.

4. [Desherb](#) Moringa Moments

A true star among superfood snacks India has to offer, [Desherb Moringa Moments](#) are light, crispy bites made from Indrayani rice, moringa leaves, desi dal, and herbs. Packed with protein, fiber, and essential vitamins, they make the perfect guilt-free munch for any time of day.

Why you'll love them:

- Made with nutrient-rich moringa, one of the most powerful Indian superfoods
- 100% natural, with no preservatives
- Gluten-free and vegan-friendly
- Ideal with tea, as a mid-day snack, or on-the-go

If you're hunting for healthy munchies that offer real nutritional value, Desherb Moringa Moments are a top pick.

5. [Desherb Moringa Crisps](#)

Another standout from Desherb's line of plant-based snacks India loves, Moringa Crisps are roasted to perfection. Blending moringa with Rajgira (amaranth), barnyard millet, and peanuts, they deliver both taste and wellness in every bite.

Why you'll love them:

- High in antioxidants and plant-based protein
- A great source of energy for your active lifestyle
- Roasted, not fried — a perfect alternative to traditional chips
- Free from artificial additives

When you buy these energy snacks India is buzzing about, you're fueling your body with clean, wholesome ingredients.



Why Choose [Desherb](#) Superfood Snacks?

Desherb is committed to providing snacks that are as delicious as they are nutritious. Our **Moringa Moments** and **Moringa Crisps** are crafted with care:

- Sourced from clean farms
- Made with premium, natural ingredients
- Free from preservatives and trans fats
- Designed to fit seamlessly into modern, healthy lifestyles

Whether you're looking for superfood snacks India can't get enough of, or versatile plant-based snacks India loves, Desherb has you covered.

10 FAQ About Superfood Snacks in India

Q1: What are superfood snacks?

A: Superfood snacks are nutrient-rich foods that provide multiple health benefits, often containing high levels of vitamins, minerals, and antioxidants.

Q2: Why are superfood snacks popular in India now?

A: With growing awareness of wellness and nutrition, more people are seeking healthier snack options made from Indian superfoods.

Q3: Are Desherb Moringa Moments gluten-free?

A: Yes, they are completely gluten-free.

Q4: Are [Desherb Moringa Crisps](#) vegan?

A: Yes, they are 100% vegan and plant-based.

Q5: How do superfood snacks support energy levels?

A: They are rich in nutrients and provide sustained energy without the crashes associated with processed foods.

Q6: Where can I buy Desherb superfood snacks online?

A: Visit www.desherb.in or contact us via WhatsApp at +91 99233 79344.

Q7: Are these snacks suitable for children?

A: Yes, they make healthy munchies for kids too.

Q8: What makes moringa a superfood?

A: Moringa is packed with vitamins A, C, E, iron, calcium, and antioxidants.

Q9: Are Desherb Moringa Moments and Crisps roasted?

A: Yes, both are roasted, not fried, preserving their nutritional value.

Q10: Why choose Desherb over other brands?

A: Desherb offers premium quality, small-batch production, and a focus on clean, natural ingredients.



Desherb

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